

February 5, 2009 5:30 to 7:30 – Pack food at the Cleveland Foodbank

Alan Fratus

Volunteer Services Manager

The Cleveland Foodbank

15500 South Waterloo Road

Cleveland, Ohio 44110

Phone: (216) 738-2053

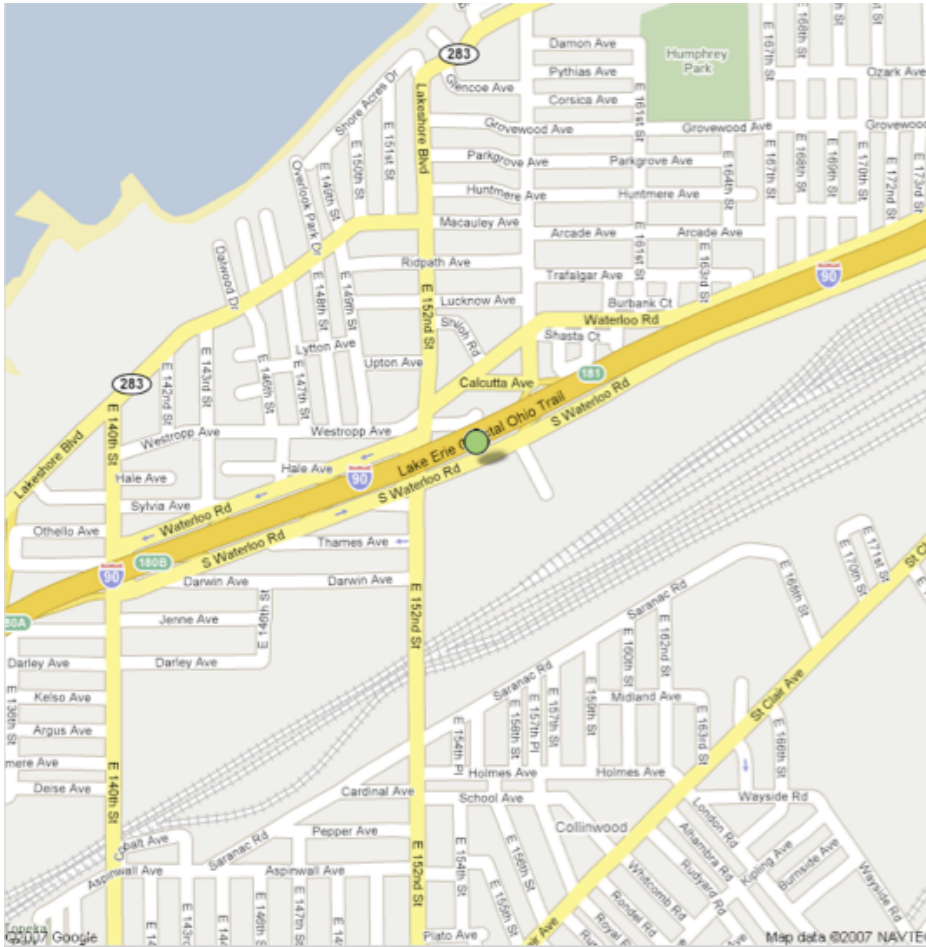
<http://www.clevelandfoodbank.org>

Joan Szczepanik, Volunteers Services Assistant, 216-738-2069

See the back of this sheet for directions and a map.

What you need to do:

1. Wear comfortable clothes. We will be doing physical labor! Mostly packing food into boxes. Nothing real dirty. We might be working in a cooler so it might be cold inside too.
2. Read and understand the volunteer guidelines
Volunteer Guidelines
(http://www.clevelandfoodbank.org/site/PageServer?pagename=vol_guidelines)
We encourage everyone to volunteer at the Foodbank, but there are a few guidelines we need to follow for safety reasons.
 - You need to be at least 12 years old.
 - You cannot wear sandals or open-toed shoes when you volunteer.
 - You must be able to lift 35 pounds repetitively.
 - With youth groups, there must be one adult present for every 10 children.
 - You must be at least 16 years old to volunteer unaccompanied by an adult.
 - Groups should provide "typed" lists of their volunteers.
 - If you have any questions about these guidelines, please call Volunteer Services Manager at 216.738.2053.
3. Fill out the attached release form, sign it, and have your parent or guardian sign. Bring it with you. **YOU MUST BRING THE RELEASE form!** Parents and guardians who volunteer must also fill out one of these forms
4. If you are carpooling with us from NASA, bring a signed Post 631 permission slip. (This is different than the Foodbank release form)
5. If you car carpooling with us from NASA, be ready to leave from NASA by 5:00 PM. We will meet in the Building 500 parking lot
6. Arrive at the Foodbank by 5:30 PM
7. We will finish at the Foodbank at 7:30 PM.
8. If you are carpooling with us back to NASA, we will arrive at NASA at 8:00 PM.



Directions to the Cleveland Foodbank, Inc.

15500 South Waterloo Road

Cleveland, Ohio 44110

216-738-2265

From the West:

Take I-90 East and exit at East 152nd street. The exit ramp will take you right onto South Waterloo Road. Go through one traffic light. The Foodbank is the white building on the right side of the street. Enter through the drive east of the building (on the left side of the building). Park at the north-east corner of the building, and enter through the main entrance.

From the East:

Take I-90 West and exit at East 156th Street. Go through a stop sign at the end of the exit ramp and continue on Calcutta. Take a left onto Waterloo Road. At the next traffic light, take a left onto East 152nd Street. Then, at the next traffic light, take a left onto South Waterloo Road. The Foodbank is the white building on the right side of the street. Enter through the drive east of the building (on the left side of the building). Park at the north-east corner of the building, and enter through the main entrance.